

Hawai'i Coalition for Dads

Hawai'i Dads

(Makua kàne)

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Hawai'i State Commission on Fatherhood

"Inspiring Fathers"

1st Annual STATEWIDE Hawai'i Fatherhood Conference

Thursday, April 6, 2006; 8:00 – 4:00; Radisson Waikiki Prince Kuhio—Waikiki; \$25

Keynote: **George Williams**, Nat'l Center on Fatherhood; Executive Director, Urban Father-Child Partnership

Featured Topics: **Fatherhood from a Personal Perspective** - The Impact of Fathers' Presence and Parenting Style on Child Development; Cultural Influences on Fathering; Changing Roles and Responsibilities of Fathers: Stresses and Successes

Community Support for Fathers - Strategies to Engage and Support Fathers in Schools, Programs, and Prisons; How to Create Successful Father-Friendly Programs and Services

State Support for Fathers - The Impact of State Policies and Laws on Fatherhood

Hawai'i's Outstanding Father and Father Program Awards

Registration packet: www.hawaii.gov/dhs/ (scroll to webpage bottom), or call 841-2245.

In collaboration with the Hawai'i Coalition for Dads. Supported by a grant from the Hawai'i Children's Trust Fund

West Hawai'i Fatherhood Initiative's

2nd Annual West Hawaii Celebration of Fatherhood

Saturday, April 1 from 9:00 – 3:00; Outrigger Keauhou Beach Resort in Kailua-Kona

Features speakers, workshops, and information on effective fathering practices and strategies for providers to design father-friendly services. Presenters include Polynesian Navigator **Chad Babayan**, County Councilman **Angel Pilago**, **Wally Lau**, and **fathers in the West Hawaii Fatherhood Initiative**.

The Celebration of Fatherhood conference is made possible by a grant from the Hawai'i Children's Trust Fund and is also sponsored by the Neighborhood Place of Kona.

The event is free for fathers, \$5 for community members, and includes continental breakfast and a buffet lunch. Reservations are required. For more information and to register, call 334-4154 on the Big Island.

From <dadsanddaughters.org>

10 Tips for Dads with Daughters

1. **Listen to girls.** I focus on what is really important—what my daughter thinks, believes, feels, dreams and does—rather than how she looks. I have a profound influence on how my daughter views herself. When I value my daughter for her true self, I give her confidence to use her talents in the world.
2. **Encourage my daughter's strength and celebrate her savvy.** I help her learn to recognize, resist and overcome barriers. I help her develop her strengths to achieve her goals, help other people and help herself. I help her be what Girls Incorporated calls Strong, Smart and Bold!
3. **Respect her uniqueness, urge her to love her body and who she is.** I tell and show my daughter that I love her for who she is and see her as a whole person, capable of anything. My daughter is likely to choose a life partner who acts like me and has my values. So, I treat her and those she loves with respect. Remember 1) growing girls need to eat often and healthy; 2) fad dieting doesn't work, and 3) she has her body for what it can do, not how it looks. Advertisers spend billions to convince my daughter she doesn't look "right." I won't buy into it.
4. **Get her playing sports and being physically active.** Start young to play catch, tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks...you name it! I help her learn the great things her body can do. Physically active girls are less likely to get pregnant, drop out of school, or put up with abuse. The most physically active girls have fathers who are active with them!
5. **Get involved in my daughter's school.** I volunteer, chaperone, read to her class. I ask questions, like: Does her school use media literacy and body image awareness programs? Does it tolerate sexual harassment of boys or girls? Do more boys take advanced math and science classes and if so, why? (California teacher Doug Kirkpatrick's girl students didn't seem interested in science, so he changed his methods and their participation soared!) Are at least half the student leaders girls?
6. **Get involved in my daughter's activities.** I volunteer to drive, coach, direct a play, teach a class—anything! I demand equality. Texas mortgage officer and volunteer basketball coach Dave Chapman was so appalled by the gym his 9-year-old daughter's team had to use, he fought to open the modern "boy's" gym to the girls' team. He succeeded. Dads make a difference!
7. **Help make the world better for girls.** This world holds dangers for our daughters. But over-protection doesn't work, and it tells my daughter that I don't trust her! Instead, I work with other parents to demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities, and all "boys are better than girls" attitudes.
8. **Take my daughter to work with me.** I participate in April's Take Our Daughters & Sons to Work® Day and make sure my business participates. I show her how I pay bills and manage money. My daughter will have a job and pay rent some day, so I will introduce her to the world of work and finances!
9. **Support positive alternative media for girls.** Our family watches programs family that portray smart savvy girls. We get healthy girl-edited magazines like New Moon and visit online girl-run "zines" and websites. I won't just condemn what's bad; I'll also support and use media that support my daughter!
10. **Learn from other fathers.** Together, we fathers have reams of experience, expertise and encouragement to share – so let's learn from each other. I use tools like the newsletter *Daughters: For Parents of Girls* (www.daughters.com). I put my influence to work – for example, Dads and Daughters protests have stopped negative ads. It works when we work together!

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~HI Dads~

A dad who values "hang time"

Choosing Fatherhood

By Howard Matsuura

Fatherhood didn't just happen when my son was born. I had to choose it.

"Dad, if I were on 'I Want to be a Millionaire,' you'd be the friend I'd call, because you know something about everything," said my 11-year-old son, Drew, as we watched the show one night. *Priceless.*

The credit card commercial implies that if I spend lots of money to do things with my son, I will enjoy moments like this. In my case, though, it was a decision to enjoy fewer luxuries that led to the incredible closeness I have with him.

When Drew was born, I was a 43-year-old attorney with a private practice in downtown Honolulu. I had a successful career, a beautiful wife, great in-laws. I had everything—except time. When I left for work early in the morning six to seven days a week, my son was sleeping. He was sleeping when I came home from work, too, at 9 or 10 p.m. When I held Drew in my arms, I'd look at him and think, "Who is this little boy?" My colleagues told me they also regretted having so little time for their kids.

My own dad was a career military officer who fought in World War II, the Korean War, and in Vietnam. When he wasn't at war, he'd be on temporary duty somewhere in Southeast Asia for six to nine months at a crack. When he was home, he taught me all about nature and animals—things he loved. But he was rarely home. When my father died, I was 18 and hardly knew him. I wanted Drew to know me.

One day, I decided that I needed Drew in my life and he needed me. I closed my practice and accepted an entry-level position as a judicial law clerk, the kind of job you get right out of law school. It didn't pay a lot, but I finished at 4:30 p.m. and could go home and bathe my son, feed him, and watch him grow. Drew was 2 1/2 years old then.

Over the years, I've changed jobs a few times. I'm still not practicing law, taking instead those positions that allow me to be a father, a baseball coach, and a friend. Most days, I leave the office around 5 p.m. to have dinner and spend time with my family. I rarely work weekends. The minute Drew sees me, he runs up and hugs me. That's worth everything.

The other night, we gazed at stars and discussed the speed of light. We actually started talking about this on New Year's Eve while watching aerial fireworks. I explained how we see the flash before we hear the sound because light travels faster than sound. And that star up there, I said, is so far away that by the time its light reaches us, the star itself might be dead. I also get to teach him about waves, soil erosion, and the life cycle of sea turtles. We brought home a caterpillar and watched it eat milkweed leaves, metamorphose into a chrysalis, and become a magnificent monarch butterfly. We talk about friends, honesty, and all kinds of things. And his mom and I are there for each of his baseball practices and games.

I remember like it was yesterday the first time I saw him catch a pop fly. I was there; he knew I was watching. We still talk about it. All those firsts, you gotta be there.

Reprinted from the Hawai'i State PTSA web site: <hawaiiptsa.org/programs/Parent_Involvement/index.html> with permission from Howard Matsuura, an involved parent (by choice) and an active board member of Liholiho Laulima PTA. March 22, 2005



How to talk to youth athletes about adult misconduct in sports

Discussing sports incidents with children

Reprinted from Positive Coaching Alliance information.

The Positive Coaching Alliance (PCA; <positivecoach.org>) created and released its "Bottom 10 List" in response to a frequent query in the thousand-plus workshops PCA presents each year for youth sports leaders, parents and coaches: "How can we encourage our children to Honor the Game when they see so many poor examples from their college or pro sports idols?"

The answer is to capitalize on the "teachable moments" those negative examples provide. Teachable moments occur when a child tries to process an experience or an impression, and that is the best time for a youth sports leader, parent, or coach to turn an otherwise-negative incident into a springboard for discussing and teaching positive behavior.

Casting light on negative behavior and discussing it—rather than ignoring it and hoping children do the same—can help children avoid emulating the negative behavior. PCA hopes our list prompts media outlets to discuss these incidents in a way that educates youth sports leaders, parents and coaches who work with children.

Using as an example the most publicized incident from our list, Terrell Owens publicly criticizing his teammates, PCA suggests several steps to youth sports leaders, coaches and parents:



Do NOT let it go by without comment. Children who learn of Owens' behavior without comment may take it as tacit approval from the adults. You might say something like, "That is not being a good team player. I certainly hope you would never do something like that!" Beyond showing disapproval, adults have the opportunity to reinforce specific positive values and character traits.

Cultivate respect for teammates. PCA promotes the ROOTS of "Honoring the Game," where ROOTS stands for respect for the Rules, Opponents, Officials, Teammates and Self. You might say to your child that individuals who value and respect their teammates would never publicly disparage them.

Capitalize on "Talk-Able Moments." In addition to teachable moments, talk-able moments strengthen bonds between children and the important adults in their lives. Kids love to talk about sports so much that they will even talk with their parents about it!

Getting children to talk about their opinions of incidents such as these may be as important as telling them your own opinions. Children who grapple with the right and wrong of a situation (rather than simply nod their heads when an adult speaks) are more likely to internalize the lesson. In time you may find that both the good and bad of big-time sports provides grist for the mill of many wonderful conversations with children.



- From PCA's E-newsletter *Connector* (#19, December 2005).

~HI Dads~

Learn to be firm, but fair

Use Positive Discipline

Fathers are often expected to be the parent who punishes the children. With this expectation comes our responsibility as parents—as fathers—to learn how to guide our keiki with *positive* discipline.

Positive discipline includes:

1. **Create a set of rules.** Set rules and consequences that fit our child's age and development. Be clear about what is expected—and what is not OK. Enforce rules and consequences consistently and promptly.
2. **Don't hit.** Physical punishment teaches fear—not respect. If you feel angry, take time to cool off. Then deal with the misbehaviors. People are not for hitting...and children are people, too.
3. **Praise good behavior.** Let your child know you appreciate it when he or she is well-behaved.
4. **Offer a choice.** Offering your child a choice of several activities—rather than deciding for them—encourages cooperation and teaches responsibility.
5. **Try a time-out.** If your child misbehaves, give her or him a few minutes alone to calm down and think about their behavior (while you cool off, too).

Tell your child that you still love them...even when discipline is necessary.

Adapted from: *Being a Good Father*, Channing Bete Company (www.channing-bete.com).

~HI Dads~

Dad quote:

"The guys who fear becoming fathers don't understand that fathering is not something perfect men do, but something that perfects the man. The end product of child raising is not the child but the parent."

➤ Frank Pittman, *Man Enough*

~HI Dads~

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

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Please make your check payable to: **Hawai'i Coalition for Dads/PACT**

...and send it to: 1485 Linapuni St. #105

Honolulu, Hawai'i 96819

Phone: 841-2245

E-mail: HawaiiDads@pacthawaii.org

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GOALS:

1. To increase community awareness about fatherhood.
2. To promote the availability and accessibility of quality, father-centered community resources.
3. To advocate for informed public policy regarding fatherhood.
4. To strengthen community collaboration in support of fatherhood.
5. To respect and honor everyone's unique role in children's lives.

The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations (including *Alu Like*, *Family Support Services of West Hawai'i*, *Good Beginnings Alliance*, *Hana Like Home Visitor Program*, *Head Start agencies*, *Kamehameha Schools' Extension Education Division*, *Mediation Center of Molokai*, *PARENTS*, and *Navy Fleet & Family Support Center*) that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

Fatherhood & Family Resources

1. **Hilo:** Hawaii Island YWCA (Healthy Start) (961-3877)
2. **Kailua-Kona:** Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kauai:** Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui:** Maui Economic Opportunity (Head Start; BEST Reintegration Program (249-2990; meo.org))
5. **Molokai:** Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. TIFFE (Nurturing Fathers; Playgroups) (596-8433; tiffe.org)
7. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; pacthawaii.org)
8. Navy Fleet & Family Support Center (Boot Camp For New Dads) (473-4222; greatlife-hawaii.com)
9. PARENTS (Confident Parenting Classes) (235-0488);
10. Kathy's Parenting Solutions (352-3303)
11. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
12. The Parent Line (Info & Referral) (526-1222; theparentline.org)
13. AUW – 211 (auw.org/211)
14. HPIRG (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
15. Dept. of Ed. Family Support (PCNC; R.E.A.L.; PEI) (State office: 735-8250; sssb.k12.hi.us)
16. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
17. Big Brothers Big Sisters (support for single dads and moms) (521-3811; bigshonolulu.org)
18. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
19. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
20. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
21. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Boot Camp For New Dads** (newdads.com)
4. **National Fatherhood Initiative** (fatherhood.org)
5. **Dad at a Distance** (daads.com)